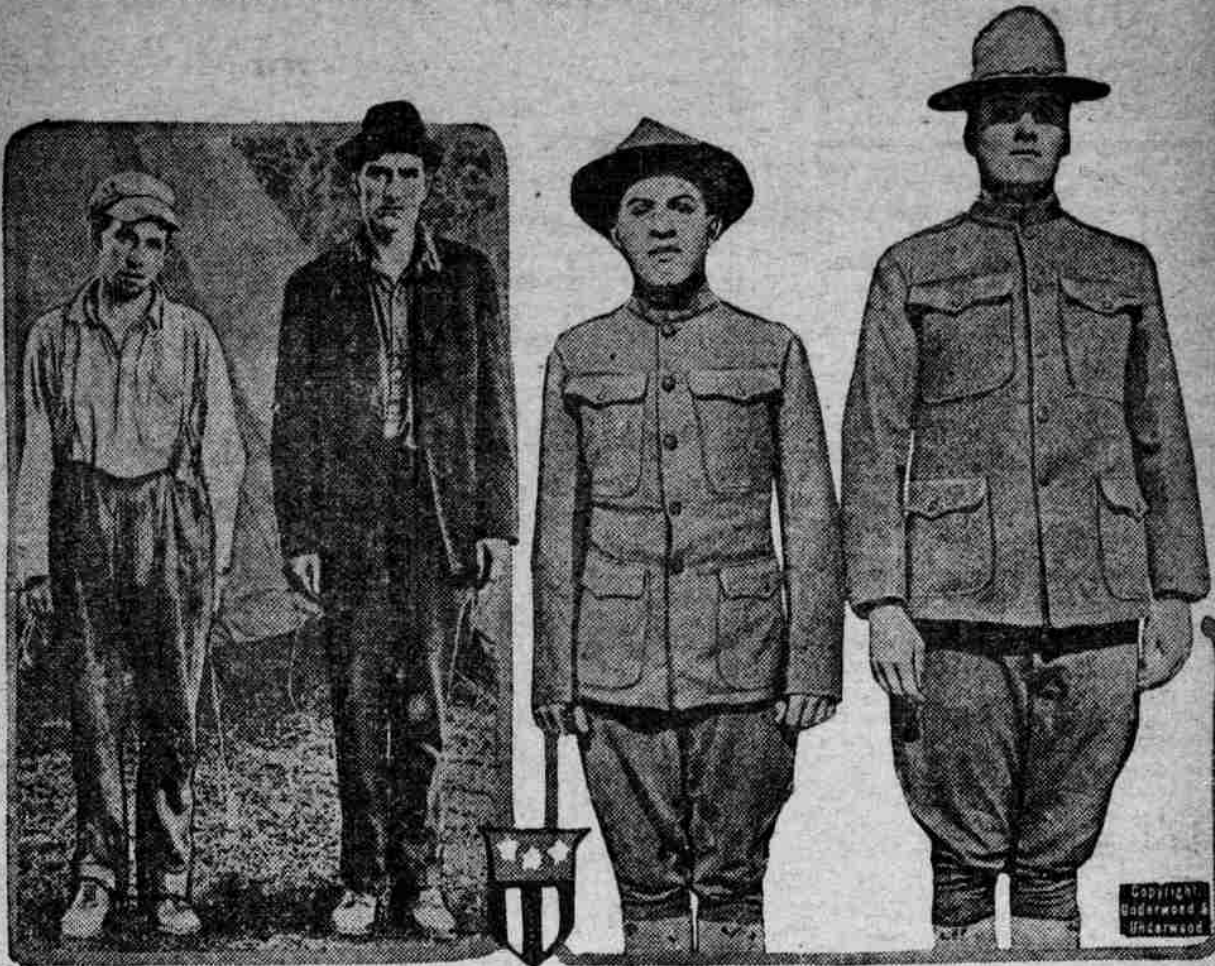
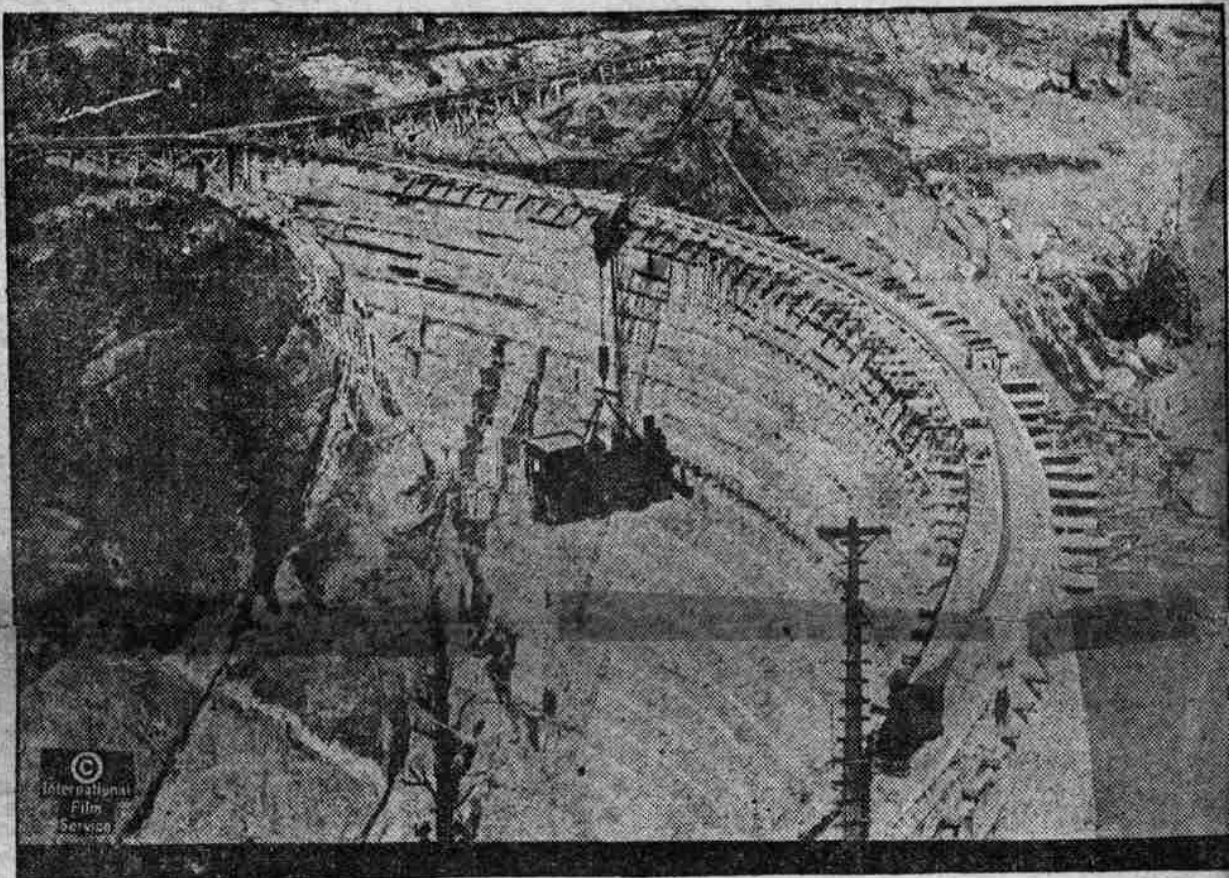


WHAT MILITARY TRAINING WILL DO FOR BOYS



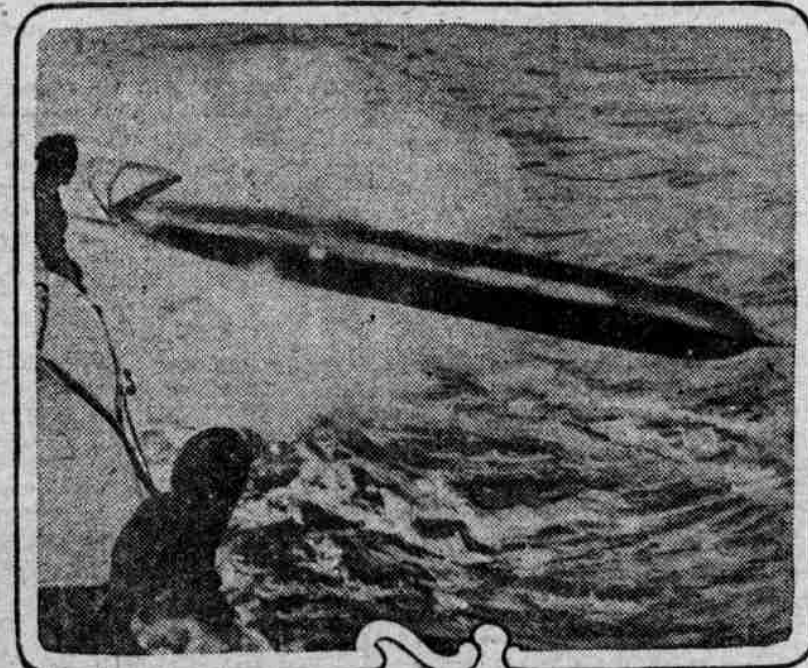
The photographs of two enlisted men taken before the enlistment and after five months' service. Lieut. Col. James B. Allison of the Second South Carolina infantry, now in the federal service at El Paso, Tex., shows these photographs as the most pronounced evidence of the good in universal military training. From left to right: Private Tobe White, Company K, First North Carolina infantry, who comes from Buncombe county of that state, and Private W. C. Bryson of the same company. The photograph on the left was taken last August while the one at the right shows the same men January 20, 1917, five months later at Camp Stewart, Texas, showing White a gain of 30 pounds and Bryson heavier by 50 pounds.

BEAR RIVER DAM TO BE LARGEST IN COUNTRY



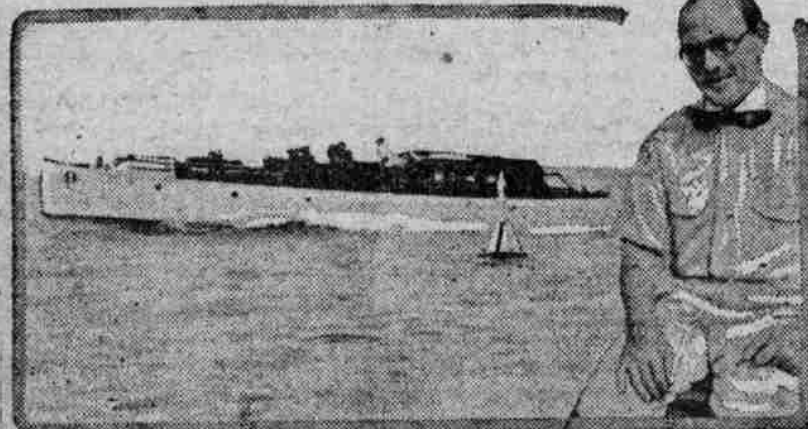
This photograph shows the building of the largest power dam in the country, which is across the Bear river at Emigrant Gap, Cal. The dam is 600 feet long, 200 feet deep and 280 feet wide at the bottom.

TORPEDO STARTING ON DEADLY MISSION



Wonderful photograph showing a torpedo just leaving the tube on its havoc-wreaking mission. It is not often that the camera catches the torpedo just out of the tube, probably headed for an enemy craft. All matter concerning what description of vessel the torpedo is being fired from, and of what navy it is a unit, has been withheld.

RECORD BREAKER OFFERED GOVERNMENT



Carl G. Fisher, shown at right of illustration, has offered to the government his express cruiser Shadow III, which is capable of a sustained speed of 30.1 miles an hour and is an ideal craft for chasing submarines. Mr. Fisher is a well-known amateur sportsman of Indianapolis and the builder of the speedway in that city.

HEROINE OF THE LACONIA



Mrs. Frank E. Harris of Philadelphia who helped to place the women of the Laconia in lifeboats. She cabled her husband, Col. Frank E. Harris, U.S.A., Fort Delaware, Del., that she lost everything when the big liner was sunk. Mrs. Harris was on her way to be a Red Cross nurse in England. She won the admiration and praise of the officers of the Laconia by her coolness and bravery in the face of death.

Got Her Share.

Evangeline was home from college for a vacation. Late one afternoon she came in during a downpour of rain.

"Evangeline," said her mother, "were you out in all that rain?" "No, mother," said Evangeline. "I was merely in a portion of the rain that descended in my immediate vicinity."

Temperance Notes

Conducted by the National Woman's Christian Temperance Union.

ALCOHOL AN EXCRETION.

The origin of alcohol is most significant of its character.

It is an excretion of the yeast plant, thrown out because the plant has no further use for it and its retention would have a poisonous effect. Just as the human body is poisoned by an accumulation of waste matter, so the yeast plant is injured by its waste product. When the alcohol has reached a strength of 14 per cent it is sufficiently poisonous to the yeast plant to stop all of its activities.

It is an odd thing that any excretion is poisonous to the living organism which produces it and to all higher forms of life. "The excretion of a mammal might serve as food for some of the lower vertebrates and certainly for fungi and bacteria, but inevitably has a toxic action upon any organism of a higher rank," says Dr. Winfield Scott Hall, of Northwestern Medical school, and he continues:

"The relation of alcohol to life may thus be summed: (1) Ethyl alcohol is the excretion of a fungus; (2) excretions which are toxic (poisonous) to the organism which excretes them are also toxic to all higher organisms; (3) alcohol is toxic to the yeast plant and in conformity to laboratory observations as well as to the logic of the case alcohol is toxic to all animal protoplasm."

And the layman's conclusion would probably be: "The yeast plant, in common with animals, first consumes food and then decomposes it. Man drinks the excreted decomposed food of the yeast plant, called alcohol, and naturally is poisoned thereby."

SCAB WHISKY.

(John F. Connelley, Labor Leader.) Ninety-four per cent of the whisky made in the United States is made by the whisky trust. Whisky is made by nonunion labor, paid only \$9.19 per week according to the United States bureau of census reports. The hours of labor range from ten to 17 per day. Out of \$100 paid for whisky at manufacturer's price only \$2.08 goes back to the wage earners who made the whisky.

It costs only 12 cents to make a gallon of whisky.

If at some future time a distillery would be unionized, it would be four years before whisky made there could be put on market unless it goes out as rot-gut whisky.

If scab whisky is put into a whisky bottle made by union bottle blowers, with words "Union Made" blown on bottle, it will not make the whisky inside the bottle union-made whisky.

It will take eight years to use up all the scab and nonunion-made whisky now in stock in United States.

DRINK AND WAR COMPARED.

In a recent published statement Dr. C. W. Saleeby, F.R.C.S., R.F.S., one of the leading physicians of Great Britain, says that every year alcohol makes 45,445 widows and orphans in England and Wales alone, or over 124 a day.

"The first year of the great war," he says, "cost us about 80,000 lives of our soldiers and sailors. But during every year of peace, alcohol takes at least 60,000 lives in this country. On the most moderate reckoning it is responsible for one-seventh, or about 14 per cent, of the whole death rate. This toll of over a thousand lives a week, year in and year out, is three-fourths of the toll exacted by the greatest war in history."

FAIR EXCHANGE.

A converted drunkard was walking past a saloon in Scranton, Pa., one night after he had "hit the trail" at one of "Billy" Sunday's meetings in that city. It was a place to which he had formerly resorted and which had taken much of his money for the deadly drink. The bartender stood in the door and yelled after him: "I suppose you're one of those religious guys who's given 'Billy' his last cent and had to walk home!"

"Many's the time I've given you my last cent and couldn't see to walk anywhere!" shouted back the man.

GREAT ECONOMIC ISSUE.

"If for no other reason than the fact that prohibition would mean money saving for this country, it would be a good thing," points out ex-Governor Hanly of Indiana. "It cost \$1,000,000,000 to run this government last year, and during that time more than \$2,000,000,000 was spent for liquor in the United States. In other words, all of the cost of preparedness, of the pension roll, of the operating expenses of the government could have been met with this liquor money, and still there would have been more than \$400,000,000 to spare."

NOW READY TO FIGHT.

The Spokane (Wash.) Daily Chronicle says that it was not on the side of prohibition in the fight of 1914, but that it "is ready on ten seconds' notice to fight its best against any effort to repeal or cripple the prohibition law."

ALCOHOL NOT NEEDED.

God never made a normal brain that needed alcohol to stimulate it. If a man needs alcohol he is a defective inferior to his fellows.—William Jennings Bryan

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

\$3 \$3.50 \$4 \$4.50 \$5 \$6 \$7 & \$8 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other makes. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.



Vacuum cleaners have been designed especially for cleansing school blackboards.

A KIDNEY MEDICINE THAT IS O. K.

Eighteen years ago I began to sell Dr. Kilmer's Swamp-Root and for the entire period of time that I have handled it I have never been called upon to answer to a complaint regarding the value of the preparation. It has given general satisfaction and I do not hesitate to recommend Swamp-Root for it gives good results in the ailments for which it is intended and my customers in many instances have O. K.'d the curative value.

Very truly yours, C. J. LOGSDON, Druggist, Osborn, O.

Sept. 19, 1916.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Anticipated Eyesores.

Ma—I think Josephine had better study painting instead of music, then she won't make any noise practicing.

Pa—Oh, I don't know. There's an end to noise, but pictures will last for years.

Animal Yarns.

"Ever read Aesop's fables?"

"Yes," replied Mr. Growcher. "And I don't see what they were written for."

"Why, to point a moral."

"But I don't see how a man who told such whoppers as he did could claim to have anything moral about him."

Saves Eggs

Royal Baking Powder makes it possible to produce appetizing and wholesome cakes, muffins, cornbread, etc., with fewer eggs than are usually required.

In many recipes the number of eggs may be reduced and excellent results obtained by using an additional quantity of Royal Baking Powder, about a teaspoon, for each egg omitted. The following tested recipe is a practical illustration:

SPONGE CAKE

1 cup sugar
1/2 cup water
3 eggs
2 teaspoons Royal Baking Powder
1 cup flour
1 teaspoon salt
1/2 cup cold water
1 teaspoon flavoring

DIRECTIONS.—Beat sugar and water until syrup spins a thread and add to the stiffly beaten whites of eggs, beating until the mixture is cold. Stir together three times the flour, salt and baking powder; beat yolks of eggs until thick; add a little at a time flour mixture and egg yolks alternately to white of egg mixture, stirring after each addition. Add 1/2 cup cold water and flavoring. Mix lightly and bake in moderate oven one hour.

The old method called for six eggs and no baking powder. Booklet of recipes which economize in eggs and other expensive ingredients mailed free. Address Royal Baking Powder Co., 125 William Street, New York.

ROYAL BAKING POWDER

Made from Cream of Tartar, derived from grapes, adds none but healthful qualities to the food.

No Alum No Phosphate No Bitter Taste

Canada Offers 160 Acres Free to Farm Hands

Bonus of Western Canada Land to Men Assisting in Maintaining Needed Grain Production

The demand for farm labor in Canada is great. As an inducement to secure the necessary help at once, Canada will give

ONE HUNDRED AND SIXTY ACRES OF LAND FREE AS A HOMESTEAD

and allow the time of the farm laborer, who has filed on the land, to apply as residence duties, the same as if he actually had lived on it. Another special concession is the reduction of one year in the time to complete duties. Two years instead of three as heretofore, but only to men working on the farms for at least six months in 1917. This appeal for farm help is in no way connected with enlistment for military service but solely to increase agricultural output. A wonderful opportunity to secure a farm and draw good wages at the same time. Information as to low railway rates may be had on application to

W. S. NETHERY, Room 82, Interurban Bldg., Columbus, O.
Canadian Government Agent